

MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS
DISEASE 2019 (COVID-19)

FRIDAY, SEPTEMBER 25, 2020



Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!

TELEBRIEFING SCHEDULE UPDATE:

Our telebriefings will now take place every second and fourth Thursday of the month.

Make sure you join us Thursday, October 8 from 10 - 11 AM for another online forum and Q&A. To submit your questions in advance, [click here](#).

Special Thanks to our September 24th Telebriefing Guest:



Janis Whitaker
Veteran Career Transition
Assistance Program
(VetCTAP) Executive Director
and JBS Vice President

County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

In Case You Missed It...



The Veteran Career Transition Assistance Program

(VetCTAP) is San Diego County's premier job search skills training organization for senior transitioning military, veterans, and spouses. The mission of VetCTAP is to increase the veteran employment rate by helping transition military, veterans, guard and reserve, and military spouses build personal confidence and enhance their individual economic stability through search skills training, practical tools, and one-on-one coaching. This innovative, 8-module workshop series includes: resume development, networking skills, mock interviews, one-on-one coaching, and more. These workshops assist participants to successfully translate their military skills for application in the civilian job market. VetCTAP is currently looking for volunteers, supporters, and donations to share expertise about how to succeed in military-to-civilian transition. To learn more about VetCTAP and apply to volunteer, visit www.VetCTAP.org or e-mail info@vetctap.org.

Events and Announcements

Courage to Call is hosting another drive-thru feeding event at 10 a.m. on Saturday, Sept. 26 at the 9445 Farnham St., San Diego, 92123. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID.

SDVC Monthly Meeting active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, Oct 2. For details, visit sdvetscoalition.org.

VetCTAP Golf Tournament will be held on at 8:00 a.m. on Friday, Oct 30 at the Marine Memorial Golf Course located at 18415 Mainside, Camp Pendleton North, 92055. All proceeds will benefit VetCTAP. For details, visit <https://www.vetctap.org/golf-tournament.html>

Careers in the Community will be hosted by Vets' Community Connections at 9:00 a.m. on Tuesday, Sept 29 for veterans, military members, and their families. This free webinar will feature Onward to Opportunity, Sony Electrics, and General Atomics. To register for this event visit www.vetscommunityconnections.org/careers-in-the-community.html or e-mail amy@vccsandiego.org for more details.

County to Remain in Red Tier

After being on the brink of falling into the most restrictive Purple Tier, the County will remain in Tier Two, or the Red Tier, of the state's system of assessing COVID-19 risk, the state announced today. The change means indoor activities that recently reopened can continue for at least two more weeks.

The County's adjusted case rate is now below the Red Tier maximum of 7.0, allowing it to remain in that tier. The region will now remain in the Red Tier for at least 14 days but could drop to the Purple Tier if the local case rate goes above 7.0 per 100,000 residents for two consecutive weeks. It would take three weeks for the County to be able to move to Tier 3 or the Orange Tier but not before driving its case rate down below 3.9 cases per 100,000 residents for 14 consecutive days.

To read the full *County News Center* story, [click here](#). To learn more information about COVID-19 and the County's detailed data summaries, [click here](#).

FAQ's: Remember to Get Your Flu Shots!

Q: Why should I get the flu shot?

A: It reduces the chances of getting the flu or severity of complications. There is a well-documented risk of flu in vulnerable populations: residents and employees at long-term care facilities, elderly, and those with underlying conditions. The CDC recommends everyone over the age of 2 get an annual flu vaccine.

Q: Does the flu shot protect me if I was exposed to COVID-19?

A: Higher seasonal flu vaccination rates in the elderly (65+) are correlated with fewer deaths from COVID-19. In addition to getting the flu shot, following physical distancing guidelines and wearing a facemask can help reduce exposure to COVID-19 and the seasonal flu.

Q: Where can I get my flu shot?

A: Use the [VA Facility Locator](#) to find information on hours and locations for your local VAMC and find an in-network retail pharmacy or urgent care facility.

To read more FAQ's about flu shots, [click here](#). To learn more about the 2020-21 flu season, [click here](#).

Mental Health Resources

Courage To Call. Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit www.courage2call.org, or call 1-877-698-7838, or 2-1-1

The County's Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

VA Veteran Suicide Prevention and Crisis Line, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

Continue to Stay Informed



[County Coronavirus Website](#)



[Resources for Military,
Veteran's & their Families](#)



[Resources & Materials](#)



[Testing Information](#)

